

# The Fort Huachuca Scout



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Photo by 1st Lt. Andrea Pratt

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Photo by Thom Williams

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# Asian Pacific American Heritage Month

**By Sgt. First Class  
Suzanne Sueing**

Installation Equal Opportunity Advisor

May is the month for celebrating Asian Pacific American Heritage Month, honoring our fellow Asian Pacific Americans who have contributed to the cultural richness of this great nation. This year's DoD theme is "Dreams and Challenges for Asian Pacific Americans."

The commemoration of Asian Pacific American Heritage owes its beginnings to a Chinese American named Jeanie Jew. After the United States bicentennial in 1976, Jew noticed that Asian Pacific Americans were not mentioned as playing a part in the development of this country.

A year later, Jew gained the support of Rep. Frank Horton, (R-NY) and Rep. Norman Mineta, (D-CA). They introduced House Resolution 540, which proclaimed the first 10 days of May as Asian Pacific American Heritage Week. Senators Daniel Inouye and Spark Matsunaga introduced similar legislation into the Senate.

May was selected as the commemorative

month because of two significant events in history: Japanese immigrants first arrived in the United States on May 7, 1843 and the transcontinental railroad was completed on May 10, 1869 (Golden Spike Day).

On October 2, 1978, President Jimmy Carter signed the Joint Resolution and the first Asian Pacific American Heritage Week was celebrated in May of 1979. A few years later, Asian Pacific American Heritage Month was finally signed as Public Law 102-450 by George Bush on October 28, 1992.

Asian Pacific Americans are a diverse group of many ethnicities whose vibrant and venerable heritage gave them the skills, determination, strength, and values to endure and overcome past obstacles of discrimination and segregation within the United States. These

noble Americans were later recognized as a viable asset to the development and continuous growth of this country. From gold mining in California to building the railroads during the

*From gold mining in California to building the railroads during the 1800s to serving as government officials, educators, artists, scientists, and service members, Asian Pacific Americans have left their footprints in American history.*

1800s to serving as government officials, educators, artists, scientists and service members, Asian Pacific Americans have left their footprints in American history.

Fort Huachuca will celebrate Asian Pacific American Heritage on May 25 at the Murr Community Center ballroom from 11:30 a.m. to 1 p.m. The event is free and

open to the public. There will be food sampling, information displays, artifacts and entertainment.

This year's event is sponsored by the United States Army Network Enterprise Technology Command/ 9th Army

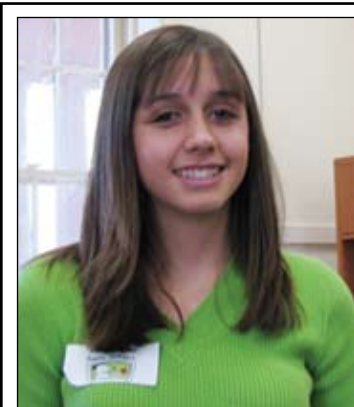
Signal Command. For information, call Master Sgt. Dana Williams, NETCOM Equal Opportunity advisor at 538-0909 or the Military Equal Opportunity office at 533-5305/3696.

Personnel who received invitations should RSVP by May 22.



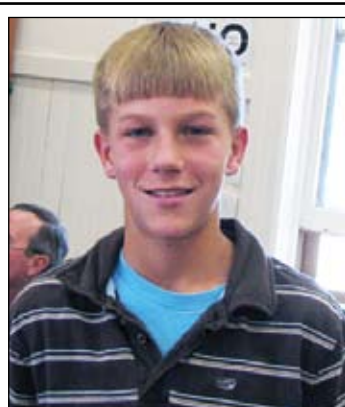
*We celebrate this month in honor of all people of Asian and Pacific Islander heritage in the United States. Honoring includes knowing and learning about the Asian and Pacific Islander communities that are a part of this country.*

## Scout On The Street — What are your plans for summer vacation?



Malia Allemen  
8th grade, Smith middle School

*".. going to a wedding, a summer camp."*



Bryan Leshner  
8th grade, Smith middle School

*"I might go to a baseball camp."*



Garrett Smith  
8th grade, Smith middle School

*"I'm going to camp with my friends and swim."*



Nathalie Wlodarski  
8th grade, Smith middle School

*"... go to band concerts and hang out at home."*

## The Fort Huachuca Scout

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# Safety Stand Down Day here

Story by Esau Lolis

Scout Staff

Army and civilian vendors filled the Murr Community Center auditorium May 11 to display safety products and information as part of Safety Stand Down Day.

The event welcomed everyone, but was mandatory for Post Soldiers.

In addition to attending SSDD, unit commanders devoted four hours to accident prevention training activities during the same day.

"One of the issues that we really want to focus on today is motorcycle safety," said Jim Cleveland of the Fort Huachuca Safety Office. He said that heavy emphasis is being placed on motorcycle safety because of recent Soldier motorcycle accidents Army-wide.

"Unfortunately, we are losing a lot of Soldier due to motorcycle accidents," Cleveland said. "We have several Soldiers, especially ones returning from Iraq and overseas, die as a result of motorcycle accidents. This is something that the Army as a whole is trying to get a handle on."

Sgt. 1st Class Thomas Price was on hand to answer motorcycle safety questions. Price's 2005 Honda VTX 1300CC mo-

torcycle drew in large crowds. Price said he also used the safety day to promote the experienced rider safety course which began Monday.

"Safety Stand Down Day helps out a lot," said Keith Thomas, program assistant, Fort Huachuca Army Substance Abuse Program. "I am surprised at how Soldiers really pick up the literature and read it. That is good, because a lot of people don't understand or realize how many drinks they can have without becoming legally intoxicated. We should keep [SSDD] going."

"Your ears are very important" was the message Post Hearing Conservationist Annette Hamilton wanted to get across to those present. You lose your hearing, you lose your balance and you lose a lot," she said. My job is to prevent hearing loss." Hamilton handed out hearing conservation pamphlets and ear plugs with cases.

According to Cleveland, more than 2,500 people participated in SSDD. "It was an overall success," he said. Cleveland attributed much of the success to the help from 11th Signal Brigade and the Unmanned Aerial System Training Brigade.



(Top) Jon Hartlep of United Fire Equipment show 1st Sgt. Michelle Nash and Capt. Andrew Kovanen of HHC, 11 Signal Brigade a thermal imaging camera during the Safety Stand Down Day May 11 at Murr Community Center. The camera is able to detect live heat in smoke-filled areas allowing quicker rescue.



Photos by Esau Lolis

Sgt. 1st Class Timothy Price answers a Soldier's question on motorcycle safety during Safety Stand Down Day.

## Fort Huachuca Chaplain Services holds first ministerial alliance in four years

Story and photo by Esau Lolis

Scout Staff

In an effort to streamline area religious activities, more than 35 clergymen participated in a ministerial alliance May 9 at the Main Post Chapel. Presbyterians, Lutherans, Methodists, members of the Church of God in Christ, Catholics, Baptists and Southern Baptists were among the many denominations present.

It was the first time in four years that a ministerial alliance has been held on Fort Huachuca.

"The goal was to fellowship and partner with the community," said Post Chaplain (Col.) Douglas Kinder. "Many of these churches have Soldiers that

attend with their families and we want to work together in a collegial spirit. There is a lot that we can do collaboratively."

Kinder said the results of a questionnaire administered during the meeting would determine whether future alliances will be held either quarterly or monthly.

With many area Soldiers returning from combat zones, the topic of the meeting was Post Traumatic Stress Disorder. "We knew this would be a topic of interest to a lot of our pastors as they deal with their parishioners, many of them Soldiers," Kinder said.

After an introduction by Kinder, Chaplain (Maj) Thomas McFarland gave a two-hour presentation on PTSD. McFarland's presentation focused on using

Eye Movement Desensitization and Reprocessing to treat symptoms of PTSD.

According to McFarland, EMDR is a therapeutic technique in which the patient moves his or her eyes back and forth while concentrating on 'the problem.'

"The therapist waves a stick or light in front of the patient and the patient is supposed to follow the moving stick or light with his or her eyes," McFarland said.

"Today was my first real introduction to Post Traumatic Stress Disorder. Recognizing now what I've seen in some I've counseled, I don't know if I needed this months before. This will help my ministry, this

See ALLIANCE, Page A14

# Three Fort employees honored at local seminar



Photo by Esau Lolis

Jo Ysla Villanueva, Department of the Army EEO intern, James Chambers, deputy garrison commander and Beth Ford, NETCOM equal employment opportunity manager hold plaques awarded them at the Cinco de Mayo Seminar May 5.

By Efren Medrano  
Fort Huachuca EEO

The Southern Arizona Council of Hispanic Employment Program Managers, an organization affiliated with the Federal Executive Association, held its Cinco de Mayo Seminar May 5 at the East Hilton Hotel, Tucson, Ariz.

This year's theme was "Embracing Our Differences-Commitment to Excellence." The Seminar recognized two graduating seniors; Raul Vaca and Nancy Esparza, both of Douglas High School in Douglas, Ariz. Three Fort Huachuca civilian employees were also honored.

Honorees were the recipients of this year's Hispanic Employment Program achievement awards in three categories. James Chambers, deputy garrison com-

mander, was named Southern Arizona's Federal Manager of the Year.

Beth Ford, U.S. Army Network and Technology Command/9th Army Signal Command equal employment opportunity manager was named Southern Arizona's EEO Manager of the Year.

Jo Ysla Villanueva, Department of the Army EEO intern, is Southern Arizona's Employee of the Year.

SACHEPM hosts the annual seminar in an effort to bring individuals together from various federal agencies located in and around Tucson and Southern Arizona area. Many federal agencies are represented and support the recruitment efforts by offering employment opportunities in the federal government to Hispanics and other interested attendees.

## Free automotive service offered Saturday

Lawley Motors is offering free oil, lube and filter changes and safety inspections from 8 a.m. to 5 p.m. Saturday at any Sierra Vista Lawley location for all military, including active, Reserve, Guard and retired or

dependents of deployed service-members. Appointments and ID cards are required. To schedule an appointment, call any Lawley Motors service department from 7 a.m. to 6 p.m. Monday through Friday.

## Valdez named top volunteer for April

### Scout Reports

Frank Valdez was named Fort Huachuca's April Volunteer of the Month. Steve Wambach, Youth Services sports director, Morale Welfare and Recreation Directorate nominated Valdez for his services to youth.

Valdez has served as a youth sports volunteer coach in the Child and Youth Services program for the past two years. Valdez coaches basketball and baseball in addition to volunteering with the American Youth

Football League program for Fort Huachuca.

Valdez is described as an asset to the Fort Huachuca Youth Sports program, according to Wambach. While volunteering his time to work with community youth to teach them the fundamentals of sports, he also teaches important life skills.

"Basic life skills include kids getting to practice on time," Valdez said. Life skills include cooperation, teamwork, discipline and responsibility, he added.

## 2006 AER Campaign Statistics - Final Figures

Unit	No. people assigned	No. people contacted	percentage	Total \$
111TH MI	4199	4177	99%	\$48,187.00
11TH SIG	1434	786	30%	\$22,186.00
NETCOM	130	130	100%	\$5,707.00
ISEC	19	19	100%	\$1,218.00
MEDDAC	360	330	92%	\$2,419.00
USAIC	323	323	100%	\$1,793.00
GARRISON	105	52	50%	\$1,089.00
JITC	15	15	100%	\$2,621.00
DES	118	118	100%	\$114.00
RETIREEES	N/A	N/A	N/A	\$1,263.00
CSLA	6	6	100%	\$327.00
DPW		3		\$300
18TH MP'S	91	91	100%	\$1,507
EPG				\$0
IEWTD		5		\$284
DPTMS				\$103
DENTAC				\$80
NCO ACADEMY	72	72	100%	\$1,482.00
36th ARMY BAND	35	35	100%	\$663.00
			<b>TOTAL:</b>	<b>\$37,810.00</b>

The Army conducts the Army Emergency Relief Fund Raising Campaign annually during the period of March 1 through this past Monday.

According to AER, their main purpose is to "help the Army take care of its own."

The charity helps the Army family by providing emergency financial assistance to Soldiers — active and retired, and their dependants — during verifiable unforeseen and urgent matters such as the death of a family member, the need for food rent or utilities, national disaster, an illness, personal needs when pay is delayed or stolen, and emergency repairs for privately owned vehicles.

AER also awards grants to widows and orphans. They offer a scholarship program for eligible dependents, and interest free loans.

For more information, call Sgt. 1st. Class Jason Sepulveda at 538-7625 or visit the AER web site, <http://www.aerhq.org/>.

# Cultural awareness seminar addresses Islam

Story and photo by Joan Vasey

Scout staff

Imam Yahya Hendi, Muslim chaplain at Georgetown University, presented Fort Huachuca's first Cultural Awareness Center seminar to approximately 400 Soldiers and civilians in Fitch Auditorium, Alvarado Hall, on Monday. The topic was Islamic religion and culture.

"This is the first of many cultural awareness seminars that we will present here," said Pete Shaver, director, Training and Doctrine Command Culture Center during opening remarks. "The objective is to help us become more informed of what's going on in the area of our operations in the Middle East.

"We have taught over 12,000 Soldiers since 2003 in cultural awareness. So we continue in that effort today as part of that," he said before introducing David Zenian, a member of the cultural awareness team.

"Something has happened a few years ago. We call it September 11 as a turning point, and suddenly our eyes are on the religion of Islam ... as a faith, as a way of life and the list goes on and on," said Zenian, who is also a former UPI [United Press International] chief correspondent. "As Soldiers and as civilians ... we need to understand ... the cultures of those we deal with."

Hendi began his presentation by saying: "As an

American, as a civilian American, as a Muslim, and a man, I want to thank each and every one of you for your great service to our country." He praised Soldiers who perform their day-to-day work protecting the American lifestyle and asked God to bless and protect them.

He said there are 1.6 billion Muslims in the world, and that the majority do not speak Arabic. Hendi guesses there are between 7-8,000,000 Muslims in America.

During his presentation, Hendi outlined the similarities between Judaism, Christianity and Islam, which means peace. All three religions center around a belief in God and Day of Judgment, at which time men will be judged by their deeds, and the impacts they had on others' lives. The Talmud, Bible and Qur'an (Koran) are the sacred texts which define each religion.

Other Islamic values include respect, responsibility, forgiveness, honoring contracts, integrity, tolerance, patience, honesty and keeping promises. These values are also shared by Judaism and Christianity.

According to Hendi, Islamic war ethics does not allow for the killing of innocents, injury of prisoners, destruction of crops or infrastructure, mutilation, or



**Iman Yahya Hendi, Muslim chaplain at Georgetown University, addresses Soldiers and civilians in Fitch auditorium Monday, during Fort Huachuca's first Cultural Awareness Center seminar. The topic was Islamic religion and culture.**

bad treatment of prisoners. Under Islam, women and children are protected, and the dead are always buried. As in Jewish and Christian religions, some Muslims live up to the principles and others don't.

See HENDI, Page A8

## Advertisement

# School Age Services sponsors Teen Town Hall

Story and photo by Michael Collins  
Scout Staff

Teens from Col. Smith Middle School met May 9 at the Fort Huachuca Youth Services building to discuss issues of concern with the Garrison Commander, Col. Jonathan Hunter.

A chance to speak with the post's military leaders as an ongoing dialogue to maintain and improve the quality of life for this often overlooked age group was the main draw, with the promise of a variety of foods such as pizza and cookies afterward cinched the deal for the always hungry kids.

"I think the Teen Town Halls are effective and go hand in hand with the Army Family Action Plan," said Tina Mans, mother of a Youth Services teen and retired government contractor.

Hunter answered a variety of questions from the students, most



**Hands go up when Fort Huachuca Garrison Commander Col. Jonathan Hunter requests input for issues of concern at a recent Teen Town Hall meeting, which is part of the AFAP program.**

concerned with entertainment on post or the variety and quality of food available at school. Some concerns such as school uniforms, the school lunch menu and entertainment in town were admittedly beyond his sphere of influence but he provided points of contact to mitigate these issues.

The Teen Town Hall is an ongoing part of the AFAP, a system-wide

initiative to improve the quality of life for all post residents throughout the Army.

All members of the Army family are invited to provide input and events are posted in the "Scout" on an on-going basis.

For more information about the AFAP program, contact Cheryl Patterson at 533-3686 or by e-mail at [cheryl.patterson2@hua.army.mil](mailto:cheryl.patterson2@hua.army.mil).



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# Advertisement

From HENDI, A5

Hendi says that Osama Bin Laden and other terrorists violate the teachings of Islam and do not live the Islam religion. Neither do members of the Taliban. Among other rights, protection of religious freedom is an Islamic value. He shared the recent incident where members of the Taliban wanted to kill a man who'd converted to Christianity, saying that this violates the tenets of Islam.

Jihad means "To struggle to do good" or "to strive for." Calling terrorists "Jihadists," legitimizes their actions and elevates their status. Members of the Taliban violate the teachings of the prophet in whose name they claim actions,

Hendi states.

He shared tips Soldiers and civilians should follow when meeting Muslims:

Do not interrupt a person when he or she is at prayer. Muslims pray five times per day for short periods of time. Interrupting them violates his or her right to worship.

In Christianity, fasting means abstinence from certain foods. When Muslims fast, they totally abstain from eating or drinking for 12-hour periods. Those who are exempt from fasting should fast symbolically by donating a sum of money to poor families.

Muslims are expected to make a pilgrimage to Mecca at least one in

their lifetimes to remind Muslims of their relationship to Abraham.

Any good deed in daily life is a form of Jihad.

Although the Taliban has imposed rigid laws regarding women, Islamic women have the right to be educated, make money, own property, sign contracts, keep their family names and their own identities, engage in business and engage in professional occupations.

Islam's traditional women's dress is not a form of oppression. It was worn by Mary, mother of God, by Mother Teresa and by millions of women today. Yet, other Muslim women choose not to wear the traditional attire.

Extending hands to members of

the opposite sex for the purpose of shaking hands may be considered offensive. So is asking members of the opposite sex for dates.

Watch body language and eye contact. It is considered immoral for a man to look a woman directly in the eye.

Visitors may be asked to remove shoes before entering a mosque.

Learn simple words and phrases in the native language before deployment, at least "hello" and "good-bye."

Hendi speaks locally and globally on Islam and issues related to Muslims. He works with government officials, non-profit organizations and inter-religious groups to help foster an understanding of Islam.

# Advertisement

# Advertisement

# Soldier to teach motorcycle safety courses on post

Story and photo by Thom Williams

Scout Staff

Fort Huachuca service members and civilians have a new option to obtain a Motorcycle Safety Foundation Course Completion card that is required by regulation to register and operate motorcycles on post.

Sgt. 1st Class Thomas Price, Company B, 305th Military Intelligence Battalion just returned to the Fort from Iraq and is a certified motorcycle safety course instructor.

Price is attached to the Fort Huachuca Safety Office and is authorized to issue Motorcycle Safety Foundation Course completion cards.

In the past, motorcycle enthusiasts who wanted to acquire the proper paperwork to ride within the Army regulations had to travel to Tucson or Phoenix to attend training and had to pay the cost out of their own pocket.

Initially, Price will offer the Experienced Rider Course to those who already have a motorcycle endorsement on their driver's license, have a motorcycle, but don't have a MSF Course completion card. "Because of the big backlog of people, we are starting out with the experienced rider course which is just five hours of range exercises," Price said.

Those who complete the course will then be able to register their motorcycles on post as well as operate them off post within the regulations.

The course is free to active-duty military and DoD civilians. Those who attend the training do not have to request leave.

Price went on to say that when the students attend the course; it's their place of duty.

In the near future, Price is planning on adding a Basic Rider Course to the curriculum.

He's already lined up four loaner motorcycles from one local dealer and is working on more.

He said storage of the loaners is the main issue holding up the start of the course.

The Basic Rider Course is approximately 15 hours long. It includes five hours of classroom training and 10 hours of practical skills exercises on the range.

"When they pass the skills test at the end, I'll give them the course completion card," Price said. This will allow them to go down to the Department of Motor Vehicles and take the written test to get their learner's permit."

The motorcyclists can then practice riding on their own bikes and take the skills test at the DMV when they feel they are ready.

"This shouldn't be an issue because they will have already taken a written and skills test with me," Price added.

All the courses will be held in the east parking lot of the Thunder Mountain Activity Centre.

The Directorate of Public Works restriped and sealed the cracks in the parking lot to accommodate the course.

In order to get a certification from the Motorcycle Safety Foundation, Price had to provide pictures of the parking lot.

"I couldn't get a bucket truck because of funding, but George Flora in the Safety Office used to be a firefighter," Price said. "He made one phone call, and 15 minutes later we were down there and I was 75 feet in the air on a ladder truck taking pictures."

Price sent the pictures and paperwork to the Motorcycle Safety Foundation and received the go-ahead to start the course.

He plans to initially run the experienced rider course on Mondays through Wednesdays.

He's setting Thursday aside to teach Sergeant's Time classes, Non-commissioned Officer Professional Development and Officer Professional Development.

"If anybody wants me to give a class,

I've got a slide show put together," Price said. "The class runs anywhere from a half hour to an hour depending upon how many questions are asked."

Fridays are reserved for administrative duties such as class scheduling and compiling reports for the MSF. Price is responsible for tracking all of the completion cards issued.

Army Regulation 385-55 spells out the requirements for operating a motorcycle on any DoD installation. The safety course completion card is mandatory for all active duty military, on-or-off duty, on or off post.

"For the active-duty person who gets involved in an accident, that line of duty determination might mean you are paying for your own hospitalization or worst case scenario, you die and there is no insurance payoff and you've left your wife and family with nothing," he said. "It's important that this get done."

To register for a class, send name, rank, military address, duty phone number or contact phone number to [pricet@hua.army.mil](mailto:pricet@hua.army.mil). Please do not send cell phone numbers.

Active-duty servicemembers requesting a class date by email should include their Commander's or First Sergeant's email address in the carbon copy line of the message.

Civilians should include their supervisor or approving authority for the absence to attend course on the carbon copy line.

When Price sends out notifications of class dates, he'll carbon copy leaders and supervisors so they are aware of the persons' need to attend training.

Those attending the course need a valid driver's license, vehicle registration and proof of insurance in order to get a pass at the main gate.

Price said that he has made arrangements with the Directorate of Installation Security to have temporary vehicle passes issued to those attending the course. The paperwork is good for operating a motorcycle on post a half-hour before and after the course.

For more information on the courses, contact Price at 533-0558 or 3697.



**Sgt. 1st Class Paul Wright, Company C, 309th Military Intelligence Battalion, waits for his turn to do practical skills exercises in the east parking lot of the Thunder Mountain Activity Centre. The course is free to active-duty military and DoD civilians.**



**Sgt. 1st Class Thomas Price, Company B, 305th Military Intelligence Battalion watches a student during the Motorcycle Safety Foundation Experienced Rider Course on Monday.**

**Price is attached to the Fort Huachuca Safety Office and is a certified motorcycle safety course instructor authorized to issue MSF Course completion cards.**

Personnel attending Motorcycle Safety Courses will wear all the required safety equipment IAW AR 385-55 and DoDI 6055.4. This includes:

- A Department of Transportation approved helmet
- Long sleeve shirt or jacket
- Full finger gloves
- Long pants
- Sturdy, over-the-ankle footwear
- Goggles or full-face shield attached to helmet (sunglasses are not sufficient)
- Reflective belt or high-visibility safety vest

Failure to comply with any of the requirements will result in immediate dismissal from the course and a notification will be forwarded to the participant's chain of command.

# Col. Smith Middle School Job Match Day a success

## Scout reports

Photos by Michael Collins

Approximately 120 8th graders from Col. Smith Middle School visited Fort Huachuca May 4 to learn what life will someday be like in the work force.

The focus of the visit was to help young people make choices this year, and in four years to come for academic and personal success.

Self-assessments such as

the Myers-Briggs, qualifications needed to get entry level positions and goal setting were some of the required preliminary student research. The students also researched their prospective careers online and found several universities or other schools that met their needs and entry requirements.

Other factors students had to consider are the competition to get into the schools, how

high school graduation is not always enough to get into the college of their choice, and alternative methods and costs of reaching their goals.

Students' career preferences were matched as closely as possible to the jobs available. Once at the job site, students learned secondary lessons such as how to address colleagues in the work place, proper dress and work place etiquette.

Ranges of interests were as varied as the students. Students, accompanied by teacher Jennifer Maede, came well dressed to the Commanders Access Channel television studio ready to present the news.

The Buffalo Corral visitation was a more casual affair with students dressing down to perform the many labor-intensive tasks that require getting their hands dirty.

"We helped match their perceptions of journalism with reality," said Romeo St. Pierre, audiovisual technician for the Commanders Access Channel. "What ever they choose to do in life, this will help them decide."



*Kylie Christian learns the fundamentals of horse grooming on Kelly, a 27-year-old gelding with Debra Wilson, business manager of the Buffalo Corral.*



*Audio-visual production specialist Romeo St. Pierre adjusts controls in the Commander's Access Channel studio while Nathalie Wlodarski (left) and Malia Allman prepare for the cue.*



*Students from Col. Smith Middle School pose in with Fort Huachuca firefighters Gabriel Hernandez, left, Chris "Hank" Van Houten, center and Bud Linardy, right. The crew introduced the students to the many aspects of fire training and prevention.*

# Advertisement

## Range Closures

Thursday - AG, AL, AR, AU, T1, T1A, T2

Friday - AH, AK, AL, AR, T1, T1A, T2

Saturday - AL, AP, AU, AV, T1, T1A, T2

Sunday - AL, AP, AR, AU, T1, T1A, T2

Monday - AC, AD, AL, AP, AR, AU, AW, T1, T1A, T2

Tuesday - AC, AD, AL, AP, AQ, AR, AU, AW, AY, T1, T1A, T2

Wednesday - AC, AD, AL, AP, AR, AU, AW, AY, T1, T1A, T2

Contact Range Control at 533-7095. Closures are subject to change.

## Leave donations sought

The following Department of the Army civilians on Fort Huachuca are currently on the Leave Donor Program and need leave donations:

Kimberly Berry	ITEC4-W
Lorenza Buller-Duran	WCPOC
Annette Hamilton	MEDDAC
Pamela Hastings	ACA/ITEC-4
Kenyetta Johnson	NETCOM
Patricia Paiz	305th MI Bn
Mary Rodriquez	CSLA
Roberta Brown-Thurman	NETCOM

For additional information regarding the Leave Donor Program or on how to donate annual leave, contact Schenando Nason, Civilian Personnel Action Center at 533-5273.

## Widowed Support Center plans celebration

Join Widowed Support Center members May 29 for a Memorial Day celebration at the Fort Huachuca Cemetery followed by a no-host luncheon at the Country House. Participants will

order off the main menu. Call 533-3807 by Monday to reserve seating at the cemetery and restaurant.

The Widowed Support Center, located at the corner of Fry Boulevard and Buffalo Soldier Trail outside the Main Gate, is open from 9 a.m. until 3 p.m. Monday through Friday. Wednesday is craft day at the WSC with crafts sessions held during normal business hours.

The WSC is staffed by volunteers who provide support to the widowed and to their families. Volunteers answer questions, provide directions, serve coffee or tea, or are available to just talk.

WSC members meet at 2 p.m. on the second Tuesday of each month.

For information about services or volunteering, call 533-3807.

## Construction on Old Post underway

A Directorate of Public Works sewer project closed Hines Road to traffic last week, from Hines Service Road to Burt Road. Those traveling to Reservoir Hill or Huachuca Canyon will be detoured to Hines Service Road. The project will be completed by the end of May.

An infrastructure improvement project to move electric, telephone and cable lines from poles on Grierson Service Road, to underground beneath the road has been rescheduled to start on Monday. The project is expected to take at least four months to complete.

## AUSA award nominations sought

Nominations are now being accepted for this year's Association of the United States Army National Awards. This is an opportunity for your organization/direc-

torate to recognize those Soldiers, DoD civilians, contractors and family members who have contributed significantly to our Army and national security.

For information about all awards, call Lisa Atkinson, national awards program coordinator at 1 (703) 907-2624 or send e-mail to latkinson@ausa.org

## AFTB classes set

Army Family Team Building will offer the Level I AFTB, Session III Class 9 a.m. - noon, Tuesday and May 30 at Murr Community Center, Building 51301.

AFTB Level I, also known as "Army 101" provides an introduction to Army life.

The classes are free but please pre-register with Army Community Service at 533-2330, or e-mail huachuca\_aftb@hotmail.com. For more information, call Cheryl Patterson at 533-3686.

## International spouse support group

Army Community Service invites all international spouses to join this support group, which will meet at 6 p.m., Monday at the ACS Building 50010. The group offers the opportunity to meet new people, network and to pick up tips on American culture and the military lifestyle.

Pre-register by calling ACS at 533-2330.

## Want to become a Warrant Officer?

The Warrant Officer Corps is critically short several MOSs. The Headquarters, U.S. Army Recruiting Command Warrant Officer Recruiting Team from Fort Knox, Ky., will be at Murr Community Center June 5 - 8. They will brief qualifications and application procedures to soldiers

interested in becoming U.S. Army Warrant Officers.

Brief times are June 5, 1 p.m.; June 6 and 7, 10 a.m. and 1 and 5 p.m.; June 8, 10 a.m.

For more information, contact Joyce Hall at 538-4823.

## PWOC host summer Bible study

Protestant Women of the Chapel invite Fort Huachuca women to summer Bible study classes on Tuesday mornings from 9 to 11:15 a.m. from June 6 through July 25 at the Main Post Chapel. PWOC will be studying "Walking By Faith: Lessons Learned in the Dark," by Jennifer Rothschild. PWOC will have small group discussions, praise and worship time, fellowship, and a video section to compliment the reading. Watch care will be provided for children 6 months through 5. For information, call Lisa Chestnut at 249-7683.

## Financial readiness classes

Army Community Service holds the following financial readiness classes on a monthly basis: checkbook management, 9 - 11:30 a.m., the first Wednesday of the month at the ACS Building 50010; budget planning class, 9 - 11:30 a.m., the second Wednesday of the month, at the ACS Building 50010; and financial readiness training, 1 - 5 p.m., the second Wednesday and Thursday of each month, at Murr Community Center, Building 51301.

The financial readiness training class is mandatory for first-termers, E-4 and below. Others are welcome to attend the training also.

Register by calling ACS, 533-2330, or for more information, call Leigh Henderson at 533-2437.

# Chaplain's Corner

## Protestant Sunday Services

8 a.m.	Episcopal
8:30 a.m.	Lutheran
9:00 a.m.	Gospel
9:30 a.m.	Protestant
11 a.m.	Cross Roads
11 a.m.	Collective Protestant

## Roman Catholic Worship

Mon.-Fri.	
Mass	11:30 a.m.
Saturday Confession	4 p.m.
Saturday Mass	5 p.m.
Sunday Mass	9:15 a.m.
Sunday Mass	11:30 a.m.

## Jewish Worship

Friday 7 p.m.

## Protestant

- PWOC Tuesday 9 a.m. & 6 p.m.
- Women's Ministry Bible study 1st, 3rd Friday 6 p.m.
- Bible Study/Choir Practice Thursday 6 p.m.
- Ministerial Staff Training Tuesday 6 p.m.
- Men's Choir Rehearsal Tuesday 7 p.m.
- Youth Fellowship 3rd, 4th Saturdays 8:30 a.m.
- Women's Choir

2nd Tuesday 7 p.m.

• Women's Choir

5th Saturdays 11 a.m.

• Youth Church 1st, 2nd, 3rd, & 5th Sunday 9 a.m.

## Catholic

- CCD Sunday 10:45 a.m.
- Adoration of the Blessed Sacrament Friday 3 - 6 p.m.

## Korean

OCIA	Friday	7 p.m.
MCCW	1st Friday	9 a.m.
Choir practice	Friday	6:30 p.m.

## Muslim Prayer

Friday 12:15 a.m.

## Orthodox Divine Liturgy

1st & 3rd Sunday 9:30 a.m.

## Latter Day Saints Service

Sunday 1 p.m.

## Youth Ministries

- Middle school Sunday 4 - 5 p.m.
- High school Sunday 5:30 - 7 p.m.

## Legend

Main Post  
Main Post, Room 24  
Main Post Blessed Sacrament Chapel  
Prosser Village  
Kino Chapel  
Eifler

# Advertisement

From **ALLIANCE**, Page A3

will help my church,” said James Harms, pastor, Sierra Vista Baptist Church.

Kinder expressed pleasure in knowing the alliance was beneficial.

“I have heard several say this is my first time working in a military community as a pastor and it helps to get this perspective on how we can better minister to the military that come to our churches,” he said.

“I think it was a wonderful way to get to know other clergy in the area and to be able to network and be able to serve better,” said Whitney Cordero, a missionary from the Huachuca Hospitality House.

“Fellowship and camaraderie with other clergy members is extremely helpful,” said James Harms Pastor Sierra Vista First Baptist Church. “We recognize

once again that we are ministering together for the whole community, military and civilian.”

“I believe ministerial alliances are greatly needed, from a pastoral capacity especially, because it’s a partnership between what we do here on the fort for Soldiers, civilians and their families,” said Tommy Simpson, pastor, Kino Protestant Gospel Services.

“Because we know that Soldiers and civilians do not just worship here on the fort, it is important that we come together to better understand what we both bring to the table,” he explained.

Simpson said by coming together, churches will also be able to save resources by having joint functions.

For more information or to receive a schedule of meetings, contact the Post chaplain at 533-4748



**Chaplain (Maj.) Thomas McFarland uses his hand to demonstrate how to treat Post traumatic stress disorder using Eye Movement Desensitization and Reprocessing.**

## City of Sierra Vista will Celebrate 50th Anniversary Memorial Day weekend

### Scout reports

Sierra Vista’s anniversary will be marked by two days of free family entertainment and community celebration.

“I hope everyone will come out and help us celebrate this terrific community on Memorial Day Weekend,” said Mayor Tom Hessler. “It’s going to be a wonderful celebration of what makes Sierra Vista a

great place to live, work and raise a family. This is more than a city – it’s a way of life.”

The event will include the following activities:

May 26

- o 9:30 a.m. - 50th Anniversary and Time Capsule Ceremony, between City Hall and the Sierra Vista Public Library
- o 5 p.m. – Music and Dancing in

Veterans’ Memorial Park

May 27 (all activities in Veterans’ Memorial Park)

- o 9:30 a.m. – Community Photo on the softball field
- o 10 a.m. to 5:00 p.m. – Theme tents and carnival activities
- o Noon – Rickety Rockettes Dance Team
- o 12:30 p.m. – Barefoot Hula

Wahines

- o 1 p.m. – Bone Canyon Band
- o 5:30 p.m. – Sierra Vista Symphony
- o 7:30 p.m. – Happy Birthday fireworks and the Larry Diehl Band

Food, refreshments and free parking will be available.

For more information call 458-3315, or visit [www.ci.sierra-vista.az.us](http://www.ci.sierra-vista.az.us).

# Advertisement

# April water use is lowest April use in 24-year period

## Scout Reports

The water pumpage for April 2006 is 32,369,000 gallons, or 99 acre-feet, and is equivalent to 1.1 million gallons per day.

The April 2006 pumpage is 15.3 percent less than that pumped in April 2005 (117 acre-feet) and is 51.9 percent less than the 24-year (1982-2005) April average (206 acre-feet). The April 2006 pumpage is the lowest pumpage for April during the 24-year period.

Total water pumped year-to-date, 372 acre-feet, is 13.7 percent less than that pumped year-to-date in 2005 (431 acre-feet).

April 2006 water usage at U.S. Forest Service Air Tanker Station at

Libby Army Airfield is 3,574 gallons. The year-to-date water use is 45,875 gallons (0.14 acre-feet).

Treated effluent reuse for April 2006 was 25.4 acre-feet. Year-to-date water pumped is 54.7 acre-feet. The 2006 year-to-date reuse (54.7 acre-feet) is 15 percent less than that reused year-to-date in 2005 (64.4 acre-feet). This is water that did not have to be pumped from the groundwater aquifer (a water and energy savings) to irrigate the Mountain View Golf Course and Chaffee Parade Field /Prosser Village.

Treated effluent for April delivered to the East Range Recharge Facility was 28.2 acre-feet. Treat-

ed effluent delivered year-to-date is 153.2 acre-feet. The 2006 year-to-date delivery is 8.8 percent less than that delivered year-to-date in 2005 (168 acre-feet).

The lower water use in April is attributed to the continued effects of the Water Wise and aggressive water leak detection programs. The on-going family housing and new elementary school construction projects had little water use associated with their activities.



Courtesy photo

# Advertisement

# 69th Signal Company redeploys

By 1st Lt. Andrea pratt

"I don't think there's a word for it," said Debbie Steigler, mother of 1st Lt. Jon Steigler, executive officer, 69th Signal Company, "It's just total elation...it's the best day I've ever had, especially after one heck of a long year, and I'm so very proud of [Jon] and extremely proud of all of them, and what they stood for."

Debbie Steigler was one of many proud people welcoming the 69th Signal Company home during a welcome back ceremony May 11.

Barnes Field House bleachers were filled with family members, friends, and fellow Soldiers who anxiously waited to see the first returning Soldier come through the back doors of the gym, and to eventually see their own special Soldier standing in person in front of them.

White knuckled fists clenched banners, nervous chatter filled the gym, and children played excitedly on the floor when the announcement sounded that the Soldiers had landed successfully, were cleared through customs, and trucks filled with people were on their way to the gym.

All eyes focused on the back doors, over



Slack, 69th!" the crowd poured out of the bleachers and washed over the formation in the middle of the gym floor. The room was a sea of tear-filled eyes, giggling children, and camera flashes.

The nearly 140 Soldiers of the company served a year in Iraq, where they conducted communication commercialization installation and upgrades throughout the country. Their work will support thousands of other troops, coalition allies, and eventually benefit the Iraqi people when the military leaves the country.

The 69th Cable Dawgz left the country proud of their accomplishments. They installed almost 2 million feet of communications cables (fiber optic, copper, ethernet, and more). They worked in the Iraqi Tribunal Court House and laid communication lines for use during the trial of Saddam Hussein, deposed Iraqi dictator. They also assisted in the plant construction of almost 100 buildings in addition to other demanding work.

For now, the Soldiers and family members will enjoy slipping back into their regular pre-deployment lifestyles. "First I'm just going to get some sleep," said Spc. Travis Hulse, returning cable installer. "Then I'll probably go watch 'Silent Hill,' and

shop for some clothes at the mall tomorrow ... It feels great to be here and to be safe, and it'll be even better when I go to Oregon in a few weeks and see my 7-month old-daughter [Elizabeth] for the first time."

"We're going to go home and have a barbeque together," said Debbie Steigler, who planned a welcoming feast with the Donegans, parents of Mike Donegan, a 69th platoon leader.

Families and Soldiers are readjusting together, everyone is happy to have the 69th Signal Company back home, unharmed, and all together in one piece after a job well done.



**Lt. Col. Paul English, 504th Signal Battalion commander and Col. Michael Yarmie, 11th Signal Brigade commander welcome troops as they come off the plane.**

which a banner read "Welcome Home 69th." Speakers began to boom "Who Let the Dogs Out!" a personal theme song for the 69th Signal "cable dogs," so nicknamed because their main capability is laying cable. The doors opened and Soldiers began to file in. The crowd immediately began screaming, whistling, and shaking their banners.

After a company shout of their motto "No



**Families embrace after the ceremony.**

# “Relay for Life” remembers cancer survivors

## 11th Signal Brigade supports High Desert Survivor team



*The B/86th guidon bearer watches the survivors complete the first lap of the Relay. The first lap is always dedicated to the cancer survivors, recognized by the blue shirts they wore.*

Story and photos by  
1st Lt. Andrea Pratt

11th Signal Brigade public affairs officer

The “Relay for Life” began in 1986 with one doctor’s idea for enhancing the income of his

of them being the “High Desert Survivors.” Patricia Reed, a local cancer survivor and queen of the High Desert Survivor Red Hat Chapter served as the team captain. Her team represented cancer survivors of breast, colon, lung,

list. Last year some of the Soldiers joined her in her first year of walking in the “Relay for Life.”

“I’d supported the event for numerous years before,” said Reed, “but once you actually have cancer yourself it changes a great deal and your perspective. Last year was my first year actually walking in it, and now I’m here to do it again.”

Reed is over 70 and actually postponed spinal surgery so that she could participate in the event this year. Though still energetic, she had a walker this year, and offered food and drink throughout the night.

“I’m so thankful for the

11th Signal Brigade’s support,” added Reed, “with both [my husband and I] being associated with the military, I feel a closer attachment to the troops... it means so much to me that they come out and support my team.”

The Soldiers gratefully reciprocated by thanking Reed for the opportunity to join her team and be a part of the event. “It was an absolute pleasure meeting [Patricia Reed], I wish I had done it last year,” said Sgt. Peter Wirtz, a tactical satellite systems operator and maintainer in Company B, 86th Signal Battalion, “I actually just came out here to help set our tent up without really knowing what the event was all about, but now that I see what’s going on, I’m going to stay...I decided to participate and donate \$100 just tonight.”

All of the proceeds from “Relay for Life” go towards life-saving cancer research and patient supplies such as prosthetics, wigs, and medications

for the American Cancer Society. The event also promotes reflection on the causes and effects of cancer, and provides a place where survivors and relatives of victims can gather and share their experiences. Although Sgt. Wirtz and other members of the 86th Signal Bn. would be willing to do the event again next year, most will deploy this August and will have to wait another year.

For most, it was a somber experience intended to commemorate a loved one lost to cancer, but for others it was a celebration of survival, strength, and community support.

To find out more about “Relay for Life,” visit <http://www.relayforlife.org.nz/>.



*Ann Meadows, Relay for Life volunteer, lights luminaria*

cancer research clinic in Tacoma, Wash. Twenty years later, what is now an international event, came to the Sierra Vista Veteran’s Memorial Park.

Almost fifty RVs parked across the field, dozens of tents popped up, grills began charring meats, and movies were projected against RV sides as kids ran around giggling with their friends.

More than 50 teams participated in the event last Friday, one

lymphoma, and uterine cancer.

“This year our team has several special people,” said Reed. “My mother, Dolores Gannon, turns 90 this year, and we have a 5-week-old supporter baby girl named Taylor Nappier ... Mike Straight will also be joining us with his seeing eye dog.”

In addition to Patricia Reed’s existing team, 23 Soldiers from the 11th Signal Brigade came in on the High Desert Survivor team



*luminaria lit the path for walkers after the sunset.*

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## Service News



# Ultimate sacrifice in support of the Global War On Terrorism

The Department of Defense announced the death of two Marines who were supporting Operation Iraqi Freedom.

**Lance Cpl. Jose MarinDominguez Jr.**, 22, of Liberal, Kan.

**Lance Cpl. Hatak Yuka Keyu Yearby**, 21, of Overbrook, Okla.

Both Marines died Saturday, while conducting combat operations against enemy forces in Al Anbar province, Iraq. They were both assigned to the 3rd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, Marine Corps Base Kaneohe Bay, Hawaii.

**Spc. Ronald Gebur**, 23, of Delavan, Ill., died of injuries sustained in Baghdad, Iraq, on Saturday, when an improvised explosive device detonated near his HMMWV during combat operations. Gebur was assigned to the 1st Battalion, 22nd Infantry Regiment, 1st Brigade, 4th Infantry Division, Fort Hood, Texas.

**Lance Cpl. Richard James**, 20, of Seaford, Del., died Saturday, while conducting combat operations against enemy forces in Al Anbar province, Iraq. He was assigned to the 3rd Battalion, 8th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

**Lance Cpl. Adam Conboy**, 21, of Philadelphia, Pa., died Friday, as a result of a non-hostile incident in Al Anbar province, Iraq. He was assigned to the 3rd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, Marine Corps Base Kaneohe Bay, Hawaii.

**Spc. Brandon Teeters**, 21, of Lafayette, La., died on Friday, in Ludwigshafen, Germany, of injuries sustained on April 20, when an improvised explosive device detonated near his Bradley Fighting Vehicle during combat operations in Baghdad, Iraq. Teeters was assigned to the 8th Squadron, 10th Cavalry Regiment, 4th Brigade Combat Team, Fort Hood, Texas.

The Department of Defense announced the death of two Soldiers who were supporting Operation Iraqi Freedom. They died in Baghdad, Iraq, on May 11, when an improvised explosive device detonated near their HMMWV during combat patrol operations. Both soldiers were assigned to the 3rd Battalion, 6th Field Artillery Regiment, 10th Mountain Division, Fort Drum, N.Y.

Killed were:

**Pfc. Eric Clark**, 22, of Pleasant Prairie, Wis.

**Pfc. Stephen Snowberger III**, 18, of Lopez, Pa.

The Department of Defense announced today the death of four Marines who were supporting Operation Iraqi Freedom.

**Lance Cpl. Jason Burnett**, 20, of St. Cloud, Fla.

**Lance Cpl. David GramesSanchez**, 22, of

# Advertisement

Fort Wayne, Ind.

**2nd Lt. Michael Licalzi**, 24, of Garden City, N.Y.

**Cpl. Steve Vahaviolos**, 21, of Airmont, N.Y.

All four Marines died May 11 as a result of a vehicle accident in Al Anbar province, Iraq. All four Marines were assigned to the 2nd Tank Battalion, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

**Sgt. Alessandro Carbonaro**, 28, of Bethesda, Md., died May 10, at Landstuhl Regional Medical Center, Germany, from wounds received while conducting combat operations against enemy forces in Al Anbar province, Iraq, on May 1. He was assigned to 2nd Reconnaissance Battalion, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

**Staff Sgt. Emmanuel Legaspi**, 38, of Las Vegas, Nev., died of injuries sustained in Tal Afar, Iraq, on May 7, when his unit came under enemy small arms fire during combat operations. Legaspi was assigned to the 1st Battalion, 36th Infantry Regiment, 1st Brigade Combat Team, 1st Armored Division, Friedberg, Germany.

The Department of Defense announced the death of two Soldiers who were supporting Operation Iraqi Freedom. They died in Ad Diwaniyah, Iraq, on May 6, when an improvised explosive device detonated near their M1083 cargo truck during combat operations. Both Soldiers were assigned to the Army National

Guard's 3rd Battalion, 172nd Infantry (Mountain), Brewer, Maine.

Killed were:

**Staff Sgt. Dale Kelly Jr.**, 48, of Richmond, Maine.

**Staff Sgt. David Veverka**, 25, of Jamestown, Pa.

## Marrow donor registration drive underway

Give the gift of life during a marrow donor registration drive from 9 a.m. to 3 p.m. today and tomorrow at the Murr Recreation Center.

The goal is to help Ray Hart, a USAISEC employee who was diagnosed in November with Myelodysplastic Syndrome, a blood cancer treatable only with a bone marrow transplant.

The first step to helping find Hart and others in the DoD a potential match is to attend the registration drive and provide an oral swab after completing a simple registration form.

Potential volunteers must be 18 to 60

years old and in good general health. Registration is free and takes about 15 minutes.

All active duty military members and their dependents, Department of Defense civilians, Coast Guard, National Guard and Reservists, in good health can donate at the drive.

According to the Registry, volunteer stem cell/marrow donors are registered for life, and although they may not match Hart, they could match others in need of a transplant.

According to the registry, there is a particularly urgent need for minority donors.

For more information contact Shaundra McLemore at 538-1008 or Shaundra.L.McLemore@us.army.mil.

# Advertisement

# Saturday is Armed Forces Day; MWR will offer free services

Saturday, MWR facilities will observe Armed Forces Day. The following services will be offered free to all active duty and retired military that day only. All free services will be limited to available time and space, so early reservations are recommended.

\*Desert Lanes will offer free bowling and shoe rental 4:30 p.m. - midnight. (Limit three games.) For more information, call 533-2849.

\*Mountain View Golf Course will offer free golf, free club rental, free cart rental and free range balls, 7 a.m. - 5:30 p.m. Call MVGC at 533-7088 to reserve a tee time.

\*Buffalo Corral will offer one hour of free open horseback riding 9 a.m. - 4 p.m. Family members will be charged regular rates. Pre-registration is necessary and reservations will be taken on a first-call, first-served basis. For more information or to

reserve a time, call Buffalo Corral at 533-5220.

\*The Sportsman's Center will offer free paintball field time, 9 a.m. - 5 p.m. All participants will need to purchase resale supplies such as paint, CO2 and equipment, and will be required to adhere to safety regulations and policies. Reservations are recommended and can be made by calling 533-7085.

\*MWR Rents will offer equipment rental free for Saturday. Items will be available starting at 9 a.m. and must be returned by 4 p.m. that day. (Does not include campers and RV.

Advance reservations are also recommended for rentals. Call 533-6707 for more information.

\*The MWR Arts Center will offer free instruction in pottery, noon - 2 p.m., and in watercolor, 2 - 4 p.m.

To reserve a space or for more information, call the Arts Center at 533-2015.



Photo courtesy of MWR

## Right Arm Night set for tomorrow

The next CG's Right Arm Night will start at 4 p.m., tomorrow at Thunder Mountain Activity Centre. Finger foods and pay-as-you-go beverages will be available. For more information, call 533-3802.

## Sign-up for summer riding camps

Child and Youth Services, SKIESUnlimited and Buffalo Corral are partnering to bring "Children's Summer Riding Camps," to youth 7 - 17.

The riding camps will be held on a weekly basis July 10 - Aug. 4. Camps will be offered 8 a.m. - noon, Monday - Friday at Buffalo Corral. Cost is \$100 per week. Youth may participate for more than one week.

Registration for the riding camps start is now in progress at the Central Enrollment Registration Office at Murr Community Center. To register, call 533-0738.

For more information, call Carrie Bradke at 533-8347 or Buffalo Corral at 533-5220.

## Register for youth boxing camp

Registration for the Child and Youth Services SKIESUnlimited's youth boxing camp will start Monday. The camp will be held June 19-23 at Barnes Field House. Youth will have the opportunity to learn the skills and fundamentals of the sport of boxing from certified USA Boxing Coach Andres Portela. The camp is open to youth ages 13 - 18.

The camp will be offered in two sessions: either 8:30 - 10 a.m. or 10:30 a.m. - noon. Cost will be \$30 per participant.

To register, call 533-0738 or visit the Central Enrollment Registration Office at Murr Community Center. There is an annual \$18 registration fee for CYS membership.

For more information, call 533-8347.

## Beginners', Ladies' Trap, Skeet classes

The Sportsman's Center will hold a trap and skeet class for beginners at 11 a.m. and a second session at

noon, tomorrow.

A ladies' shooting clinic, including gun safety, marksmanship and an introduction to trap shooting, will be held at 10 a.m., Saturday, and at 10 a.m., May 27.

The cost of each class is \$14.50 and includes gun rental, ammunition, range fees, ear protection and instruction by a qualified instructor.

For more information, call 533-7085.

## Eifler Buddy Challenge postponed

The Eifler Fitness Center "Buddy Challenge," which had been scheduled for Saturday, has been postponed to a later date. The new date will be announced.

For more information, call Mick Gue at 533-4723.

## Free golf clinic at MVGC

Mountain View Golf Course will offer a free golf clinic for beginners from 10 to 11 a.m., Saturday.

The clinic will teach the basic fundamentals of the swing and the game of golf. An orientation explaining how to use the facility and what programs are available will also be covered. Balls and the use of clubs will be provided at no charge.

MVGC is located at Building 15479 and is accessible to everyone from Wilcox Avenue, off Buffalo Soldier Trail.

For more information, call 533-7088.

## Volunteer Management Training

The Army Volunteer Coordinator will present a Volunteer Management Training Class for all volunteer managers and coordinators at 12:30 p.m., Wednesday at the Army Community Service Office.

Register by calling ACS at 533-2330.

## Outdoor pool opens May 27

Irwin Outdoor Pool will open for the season May 27 and remain open through August 6.

The pool will be open Monday, Thursday, Friday, Saturday and Sunday, from 11 a.m. to 7 p.m. and lap swim

will be offered every day.

Daily fees for the season will be: adults 18 and older, \$2; children, 3 - 17, \$1; and children 2 and under, free.

Every Thursday will be Family Day at Irwin Pool, and adults can swim for \$1 and children for 50 cents.

Sundays will be Soldier Day, and active duty military and their family members will be able to swim for the reduced rate of \$1 for adults and 50 cents for children.

Irwin Pool may be reserved for unit training and pool parties. Call Ron Ellsworth at 533-3858 for more information.

## Summer Fun for Teens

The MWR Arts Center will offer "Summer Fun for Teens," for youth 13 - 17, beginning May 30 with pottery class. Different classes will also be held June 7, 13, 21, 22 and 27.

Cost is \$9.50 per class and pre-registration is required in person.

For a complete list of activities, visit the MWR Arts Center, Building 52008, Arizona Street.

For more information, call 533-2015.

## Sunset trail rides start June 1

Buffalo Corral Horseback Riding Stables will offer sunset trail rides 6 - 8 p.m., every Thursday, beginning June 1. These rides are open to the public, ages 7 and up. Reservations and pre-payment are required by close of business Sunday before the ride.

For more information or to register for trail rides, call Buffalo Corral at 533-5220.

## Sportsman's Center needs volunteers

The Sportsman's Center is looking for individuals who would like to volunteer as range volunteers for Saturdays and Sundays. Volunteers will receive free Range Certification Training.

For more information, call 533-7085.



## Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula Gorman at 536-8836 or send an e-mail to paula.gorman@huc.army.mil or visit me on the Web at gnmhuachuca.com

# The Scout Time Out

## Army, Air Force lead Armed Forces tourney

Story and photos by  
Thom Williams

Scout Staff

Army men are on the verge of clinching a title and Air Force women hold a slim one-game lead at the Armed Forces Volleyball Championships that were held at Barnes Field House here Saturday through yesterday.

The Army men's team has a perfect 4-0 record going into day four of the tournament. They need only a win against either the Navy or the Marine Corps and the Soldiers will clinch a gold medal.

If the Army loses its next two matches the worst they could finish is in a tie for first place.

The Navy is in second place with a 2-2 record while the Marine Corps and Air Force are pulling up the rear with identical 1-3 records.

Because of deadlines for the "Scout," final results of the tournament will be available in next week's edition.



**A Marine prepares to spike a volleyball as the Navy sets up a blockade Monday at the Armed Forces Volleyball Championships at Barnes Field House. Navy won the match 25-18, 25-16, 25-20.**

Army was challenged by each team they played in the tournament with each of their matches going to at least four games.

"We are very fortunate the right guys showed up for the All-Army camp and we are just a smidgen above everybody," said Rey Javier, player-coach from Fort Lewis, Wash., who has been playing All-Army Volleyball since 1990.

Javier put together the core of the All-Army team back at Fort Lewis, Wash., and they have played together since December. That is one of the reasons he says Army is undefeated.

He went on to say the players in the All-Army camp believed in his vision and were willing to follow him and stick to his plan.

The Air Force women's team also sports a 4-0 record with the Navy team hot on their heels, just a game back. Air Force faced the Navy on the final day of competition and could end up in a dead heat with the sailors.

Army women are in third place at 1-3 with the Marine Corps sitting in the cellar winless at 0-4.

The round-robin tournament wrapped up Wednesday afternoon with an awards ceremony. Tournament All-Star teams



and servicemembers who have been selected for the men's and women's U.S. Armed Forces teams, that will represent the U.S. at the 27th Conseil International du Sport Militaire World Military Volleyball Championship June 8-19 at Fort Huachuca were announced.

### Women's Standings

	W	L	PCT.	GB
Air Force	4	0	1.000	--
Navy	3	1	.750	1
Army	1	3	.250	3

Marine Corps 0 4 .000 4

### Men's Standings

	W	L	PCT.	GB
Army	4	0	1.000	--
Navy	2	2	.500	2
Air Force	1	3	.250	3
Marine Corps	1	3	.250	3

\* as of 16 May

### Women's Tournament Scores

#### Day 1

Navy def. Marine Corps 25-20, 25-23, 25-16  
Air Force def. Army 25-13, 25-16, 25-13  
Air Force def. Marine Corps 25-18, 19-25, 25-13, 25-21

#### Day 2

Navy def. Army 25-19, 25-13, 19-25, 25-13  
Air Force def. Navy 20-25, 25-16, 24-26, 25-16, 15-11  
Army def. Marine Corps 25-19, 25-22, 20-25, 25-18

#### Day 3

Navy def. Marine Corps 25-18, 25-16, 25-20  
Air Force def. Army 25-22, 25-23, 25-19

### Men's Tournament Scores

#### Day 1

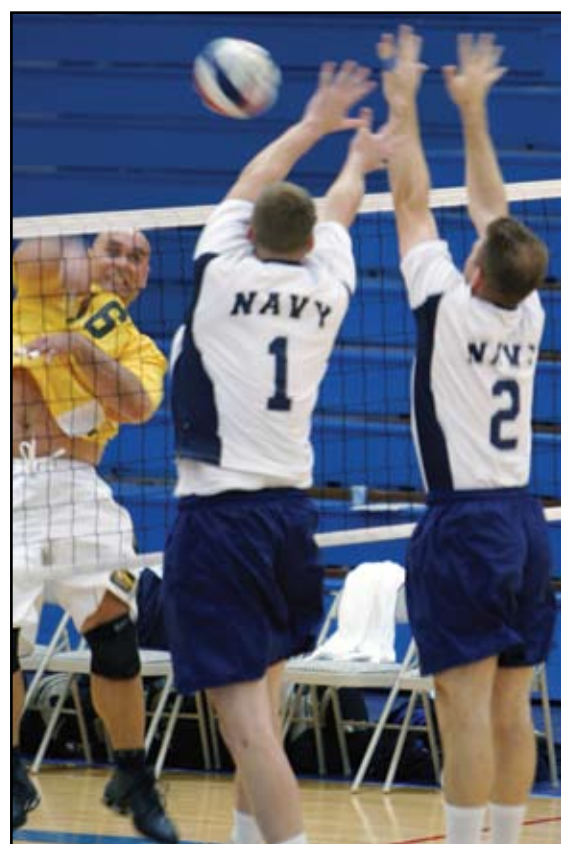
Navy def. Marine Corps 25-20, 22-25, 25-19, 23-25, 15-12  
Army def. Air Force 25-18, 25-22, 20-25, 18-25, 15-13  
Air Force def. Marine Corps 25-16, 25-18, 23-25, 25-16

#### Day 2

Army def. Navy 25-20, 22-25, 25-16, 17-25, 16-14  
Navy def. Air Force 28-26, 25-20, 25-21  
Army def. Marine Corps 23-25, 26-24, 25-16, 25-21

#### Day 3

Marine Corps def. Navy 25-22, 25-23, 25-19  
Army def. Air Force 25-20, 21-25, 25-21, 25-19



**Rey Javier, player-coach of the Army men's volleyball team spikes the ball while Navy players attempt to block the ball Sunday at Barnes Field House. Army went on to sink Navy 25-20, 22-25, 25-16, 17-25, 16-14.**

# Fit For Life

## Metabolism and weight control

By George R. Colfer, Ph.D.  
Contributing Writer

Why is it that some people can eat without gaining body weight, yet others who eat less, actually gain weight? The most common answer is that 'they must burn it off'. This is true to some extent. The "burn" has a great deal to do with one's base metabolic rate. Here, everyone is different.

Genetics plays an important role in BMR, also referred to as RMR (resting metabolic rate). We normally calculate metabolism by using gender, age, height, weight and activity level to estimate the number of calories needed to maintain constant bodyweight. Another

way is to simply multiply bodyweight X 15, based on the theory that the average adult needs about 15 calories per pound of bodyweight daily.

However, these and other formulas only estimate and are not accurate in many cases. The only method to accurately measure BMR is known as indirect calorimetry performed in clinical or laboratory settings which are not always feasible for the average person due to cost and availability. There are devices available, although not as accurate, that measure oxygen consumption to determine caloric needs. These may be available at fitness centers, weight-loss clinics and other health providers. Since oxygen is used in the metabolic

process to create energy, BMR can be determined by how much oxygen is consumed while breathing. Many people will find that their present caloric intake is excessive when compared with more accurate measures.

What this information tells us is the daily caloric intake necessary to (1) lose weight, (2) gain weight or (3) maintain present body weight. BMR is somewhat irrelevant if you are successful at maintaining a healthy bodyweight. Regardless of BMR, a calorie is a calorie and it takes 3500 of them to gain or lose a pound. The other variable is the amount of physical activity and exercise performed daily, which is not usually included in the BMR.

The base or resting metabolic rate refers to the number of calories burned during the functions of a normal day to include eating, sleeping, sitting, walking, thinking, working, etc. For people

who exercise daily, the extra calories burned will aid in weight loss or require adding more calories to gain or maintain weight.

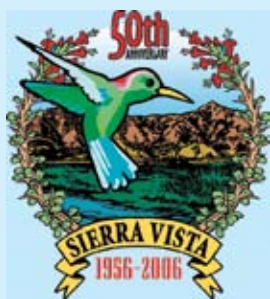
A note of caution for those wanting to lose weight; by missing meals or using a starvation diet method, you will actually slow down your metabolic rate. It is important to eat on a regular basis, just eat fewer calories. Over a sustained period this will alter BMR. This is one reason why many dieters gain more weight back after losing some weight and then resuming normal eating. Keep in mind that food is body fuel and without fuel, the engine won't run. Missing breakfast is the worst meal to eliminate in a pursuit to lose weight.

The metabolic process is of more concern to those wanting to lose weight.

As such, it is probably best to

See **METABOLISM**, Page B3

## Sierra Vista 50th Anniversary



Countdown:  
Sierra Vista turns 50 in  
1 weeks

### EDITORIAL COMMENT:

The City of Sierra Vista will celebrate its 50th anniversary, "More than a city—a way of life," May 26-28, 2006. In support of the city's celebration, each month until the celebration weekend, The Fort Huachuca Scout will run one reprinted article from the 1955 and 1956 issues of the "Fort Huachuca Scout," showing what fort life was like 50 years ago. Each week, we'll print one or more highlights of what happened on Fort Huachuca a half century ago.

Sierra Vista was founded in 1956 and annexed Fort Huachuca in 1971. Now, as in the past, the two entities worked together and are involved in many partnerships.

The Fort Huachuca Scout has been in publication for 54 years since 1951. Merged copies of the "Scout" are available for viewing at the Fort Huachuca Public Affairs Office, Building 21115, 3015 Carnahan Street, across the street from the gazebo at the west end of Brown Parade Field. Call 533-2622 for additional information.

Enjoy reliving Fort Huachuca's past 50 years, and reminisce as we travel back in time. - Joan Vasey

Reprinted from "The Huachuca Scout", May 17, 1956

### Open House Program Starts This Morning

A series of ground-controlled aerial explosions at 9:40 a.m. will signal the official opening of Fort Huachuca's Armed Forces Day Open House program today. This historic post, now the Army Electronic Proving Ground, plays host today to thousands of visitors from all over Arizona.

The majority of morning activities, including

parades, ceremonies, drills and calisthenics exhibitions, will all take place in one central area near Post headquarters on the old Fort parade field. Theme for the day's program is "Power for Peace," and all the demonstrations and exhibitions are designed to portray some aspect of this theme.

### Troops Demonstrate Calisthenics

For example, troops of the 505th Signal Group will run through a 30-minute calisthenics exhibition demonstrating "Power through physical fitness." A massive review will emphasize "Power through men and equipment." The review includes troops, tanks, helicopters and light aircraft - and a flock of 31 pigeons from the Pigeon Center of the Signal School, Fort Monmouth, N.J.

Maj. Gen. Emil Lenzner, Commanding General, AEPG, extended a warm welcome to all visitors today. "The growth of the new Fort Huachuca is due in large part to the cooperation and neighborliness of all our friends from adjacent communities," he said. "We are proud to be your neighbors and are happy for this chance to return your hospitality."

### Opportunity for the Public

Gen. Lenzner added that Armed Forces Day presents an "ideal opportunity for the tax-paying public to see the contributions the Proving Ground is making to national defense and to see the progress being made in our permanent construction." He pointed out that 700 permanent housing units are now under construction on Post, and that plans for many other permanent buildings have been approved by the Army. Fort Huachuca was reactivated as the Army Electronic Proving Ground February 1, 1954.

Ladies visiting the post today will be especially interested in the International Fair exhibit, arranged by wives of Post servicemen. The Fair, located in Bldg. 1003 (near Post headquarters) will open at 11:30 a.m.,

and will also be open again Sunday. Foreign foods, clothes, and souvenirs are among the objects on display.

### Lots of Places

Facilities for lunch will be available at picnic areas in the Main Post; the Post Cafeteria and the Officers' Club will also be open. Buses to these locations are being provided. The Central Youth Association will operate refreshment stands all day, and at the International Fair, foreign foods will be on sale.

The afternoon program begins at 12:30 with a flyover of U.S. Air Force Jets from Davis Monthan Air Force Base in Tucson, demonstrating "Power through air might." Department personnel of Aviation and Meteorology, Battle Area Surveillance, Electronic Warfare, and Signal Communications organizations will display an abundance of electronic communications equipment beginning at 12:45, highlighting "Power through electronics."

### Two at 2

Two big features begin at 2 p.m. at the dynamic display area. The first is entitled "Power through mobility." In rapid succession the event includes an artillery drill, Post firemen in action, Signal Corps men climbing telephone poles and installing field wire, precision flight tactics by Army light aircraft, and helicopters making message pickups, supply drops, air evacuations, and other sorties.

At 3 p.m. on the old parade ground, units of the 73rd Signal Battalion will stage a tactical problem, aggressor against defender. Infantrymen, tanks, artillery, aircraft with smoke grenades and simulated explosives will stage a "battle" as tactical television equipment telecasts it for visitors behind battle lines.

# Arizona Tourist

## Wyatt Earp Days celebrates Wild west legend

### Scout Reports

Tombstone, Arizona in 1881 was a dangerous place for a cowboy to hang his hat and tie his horse to a hitching post. And it was even more dreaded because of those who dared not to be law-abiding citizens and challenged the local law.

The most famous Wild West gunfight in history took place on Oct. 26 of that year when famed lawman,

Memorial Day weekend with activities including gunfights, a chili cook-off, hangings, 1880s fashion show, street entertainment, Wyatt look-alike contest and more.

In the Hollywood movies "Tombstone" and "Wyatt Earp," Kurt Russell and Kevin Costner both portray Earp as a law-upholding, wife-cheating, lady-stealing, noble upstanding deputy. Earp, his brothers and Holliday were later found in court justified of their actions to preserve the peace.

It was the death of his brother Morgan which prompted Wyatt to launch his vendetta against the outlaws. It was actually the vendetta, not the gunfight that made Wyatt famous.

After six months of continuous warfare between the Earps and the cowboys along Arizona's southern frontier,

U.S. President Chester A. Arthur intervened and on May 3, 1882, issued a Federal proclamation ordering the belligerents

to cease at once, or face the prospect of martial law.

In fact the "Cochise County War" had already ended a month before Arthur's order was

published together to oppose and obstruct the execution of the laws," to "disperse and retire peaceably to their respective abodes," or the Army would be turned.

The two-day event commemorating this most notorious of historic conflicts is witness to streets filled with re-enactors of curly mustached men dressed in black lawman's garb and ladies showcasing their best red-laced camisoles reminiscent of bawdy frontier days.

For anyone who wants to get into the act, a period costume competition is available to those wishing to enter. Register between 9:00 a.m. until 1:00 p.m. Judging will be

shortly thereafter. There is no entry fee. The eight costume categories are: Cowboy, Lawman, Saloon Hostess, Madam, Townswoman, Townsman, Male Specialty, and Female Specialty.

Other attractions that recreate the western feel include the Bird Cage Theater, Boot Hill graveyard and



Wyatt Earp, his brothers Virgil and Morgan, and Doc Holliday killed three cowboys from the Clanton gang in what is known as the "Gunfight of the O.K. Corral."

In honor of the famous lawman, the town of Tombstone celebrates Wyatt Earp Days each year during

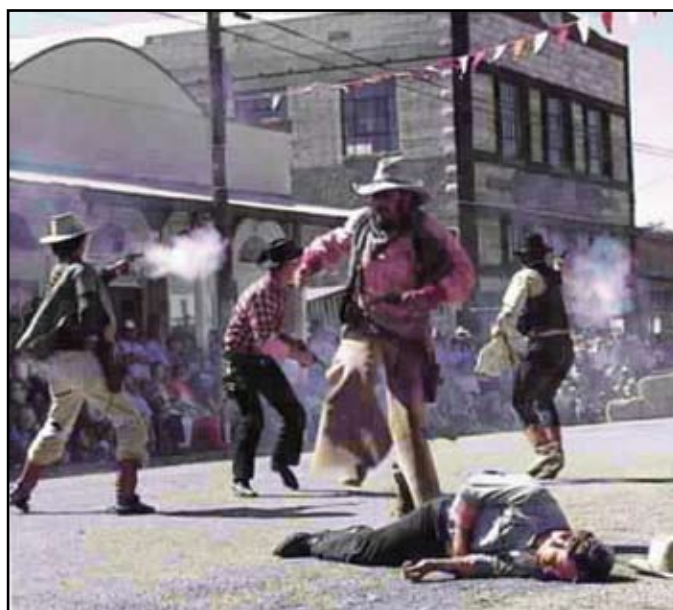


the Crystal Palace Saloon. There are plenty of shops that offer western memorabilia, and a photo sitting while dressed in western garb is a perennial favorite among visitors. The Tombstone courthouse and Western Heritage Museum provide an educational respite from the make-believe world on Allen Street for those who crave historic authenticity.

For anyone brave enough to visit the town labeled 'Too tough to die,' the O.K. Corral features the reenactment daily at 2 p.m.

Tombstone is a short drive from Fort Huachuca. It takes less than 30 minutes by car from Highway 90 and the Charleston Road turn-off.

For more information on Tombstone and Wyatt Earp, visit [www.tombstone.org](http://www.tombstone.org) on the Web.



## Nutrition clinic offers many services

By Capt. Jennifer Rodriguez

Registered Dietitian

Fort Huachuca is a GREAT community. We may be a small installation but there are many big city opportunities wrapped up in a small town feel. The Nutrition Clinic at Raymond W Bliss Army Health Center is just one of those "small" places that offer a "big" variety of programs. Not only can you visit with a Registered Dietitian for ways to eat healthy but you can attend classes specifically designed to help you follow and stick to that healthy lifestyle.

The "Healthy Weight for Life" class is a 2-part weight loss class with emphasis on healthy food choices, portion control, label reading, behavior change, exercise, goal

setting and meal planning. In addition, participants are guided through the commissary to learn how to read labels and make healthy choices in order to fill their carts with the best "bang for your buck" nutrition!

For those needing extra support in their weight loss quests, there is the "Weight Loss Support Group." This group meets every two weeks and offers guidance from a dietitian and the added support of others in the same weight loss adventure. Participants can even meet their future workout partners to help them stay on track!

Individuals with high cholesterol can attend the "Eating for a Healthy Heart" class. This one-hour class covers heart disease risk factors and healthy eating guidelines in order to reduce cholesterol and improve heart health.

Diabetes is a growing trend in our society and nutrition plays a vital role in proper management of this disease. The nutrition clinic also offers a Diabetes Nutrition class which includes medical management, meal planning, exercise guidelines and medication management.

In addition to nutrition classes, the dietitian also provides individual consultation for various concerns from nutrition for kids to vegetarian diets to food allergies. Special requests for group nutrition presentations at any organization on post are also available.

If nutrition is your game, then the Nutrition Clinic is your Sports Store! Stop by or give us a call and let's talk food!

Capt. Rodriguez is a Registered Dietitian at the Raymond W. Bliss Army Health Center on Fort Huachuca. Send questions to [jennifer.rodriguez1@us.army.mil](mailto:jennifer.rodriguez1@us.army.mil).

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## Sierra Vista American Youth Football and registration underway

Sierra Vista American Youth Football 2006 season registration for youth 5-14 takes place from 10 a.m. to 2 p.m. Saturday and Sunday at Big 5 Sporting Goods, Highway 92 and Fry Boulevard, Sierra Vista.

For more information call 458-2320 or e-mail [svyouthfootball@cox.net](mailto:svyouthfootball@cox.net). Or, visit the Web site at [SVAYFC.COM](http://SVAYFC.COM).

## Be a local tourist on Saturday

In a dual celebration of National Tourism Week and National Public Works Week, on May 20, the City of Sierra Vista will host three public events.

The morning starts off at the Environmental Operations Park on Highway 90. Participants should plan to meet docents from the Friends of the San Pedro at the viewing platform in the Park at 7 a.m. for a bird walk lasting approximately two hours and a chance to win a bird identification guide.

From 9 a.m. until 2 p.m., the Public Works Department will host an open house at the Pedro Castro Government Maintenance Center at 401 Giulio Cesare. They will offer free vehicle inspections, hotdogs and sodas, prizes, and the chance to win two round-trip tickets on Great Lakes Airlines. In addition, they plan to showcase their facility and equipment they use and maintain every day, including everything from giant trucks to a helicopter.

Another special event will be held at the Visitor Center at the Convention and Visitor's Bureau, 3020 E. Tacoma Street, from 9 a.m. until 1 p.m. Attendees can browse the center and learn what attractions and events are part of the community, and can take away brochures and information to share with their future guests. There will be snacks, gifts, and the chance to win free passes to the Cove.

For additional information, call the Sierra Vista Convention and Visitors Bureau at 417-6960.

## Commissary plans case lot sale

The Fort Huachuca Commissary will have a case-lot sale on Friday through Sunday during regular store hours. At case lot sales, patrons can buy bulk quantities of their favorite products and save as much as 50 percent above normal commissary savings.

Some of the items that will be featured in the sale are: paper goods, canned goods, cleaning supplies, health and beauty items and more. There will also be a large assortment of club pack products at reduced prices.

## Bike ride celebrates Sierra Vista anniversary

Celebrate the City of Sierra Vista's 50th anniversary May 27 with a fun bike ride starting at 7:30 a.m. at the Martin Luther King Jr. Parkway entrance to Veterans Memorial Park, Sierra Vista. Riders may choose from four routes: 10, 18, 30 and 50 miles. The 30- and 50-mile routes include roads on Fort Huachuca.

All riders must register at the Apache Middle School parking lot before starting. To reduce congestion, longer rides will start first.

For information, call John Wettack at 378-6353.

## Huachuca Art Association to offer classes for aspiring artists

The Huachuca Art Association will offer art classes for adults. June workshops include Intermediate Oil Painting and Water Soluble Color Pencils (Beginner to Intermediate). For more information about these and other workshops, call Patrice at 803-7661.

## Willcox historic days Saturday

Celebrate the history and culture of the Sulphur Springs Valley at an all-day celebration in Railroad Park and the Historic Railroad Avenue District of Willcox. Festivities begin at 9:30 a.m., with Miss

Arizona singing the national anthem at the Willcox Depot. Enjoy a vintage car show, music in the park, roaming mariachis, arts and crafts markets, farmer's market, petting zoo, children's face painting and crafts, hay rides, historic presentations, free museum admission, and more.

For information, contact Louise Henderson, [Louise618@gmail.com](mailto:Louise618@gmail.com) or call (520) 253-0247.

## Fort Huachuca welcomes newcomers

Army Community Service wants to welcome newcomers to the Fort Huachuca community. Huachuca Welcome newcomer's orientation is scheduled for 9 a.m., May 31 at Murr Community Center.

The orientation will provide information about the installation and the community. A tour of the post is provided.

Pre-register by calling ACS at 533-2330. For more information, call Pam Allen at 533-5919.

## Carr House volunteers offer birding talk Sunday

What is that bird in my back yard?

Find out Sunday at 1:30 p.m. at Carr House when Brian Prescott shows slides and gives pointers on how to identify birds in the mountains, valleys, towns and near rivers. Prescott has photographed more than 1400 species of birds world wide.

Carr House visitor information center is open from 9 a.m. to 4 p.m. Saturdays and Sundays. The center is operated by the volunteer "Friends of the Huachuca Mountains," a volunteer group affiliated with the Coronado National Forest.

Carr House is located about 2.25 miles up Carr Canyon Road, off Highway 92 adjacent to

## At The Movies

Showing at the Cochise Theater for the next week are:

**AAFFES**

### Today -7 p.m.

Basic Instinct 2

R

### Friday

Ice Age 2: The Meltdown

PG

### Saturday -7 p.m.

Lucky Number Slevin

R

### Sunday -2 p.m.

Ice Age 2: The Meltdown

PG

### Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

## Watch CAC

For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source.

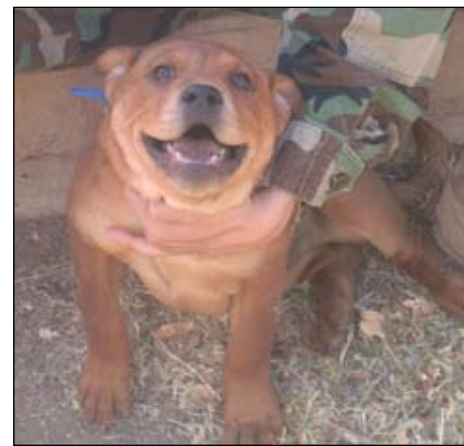
The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.



## Pets Of The Week



*Flash is a 1-year-old lab/boxer mix.*



*Oscar is a Jack Russell mix, about one year old. Photos by Pfc. Chris Treftz, Veterinary Clinic.*

*These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit [forhuachucafinder.com](http://forhuachucafinder.com). In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.*

the Mesquite Tree parking lot. Turn west (right) and follow the road into the Huachuca Mountains. Bear left at the road fork into the parking lot.

For information about Carr House programs, call 378-1563.

### **Bisbee Farmers Market offers family oriented fun**

The Bisbee Farmers Market is open in Vista Park from 8 a.m. to noon on Saturdays. For information, call 234-3306 or email jackcannon2005@msn.com. To get to Vista Park from Sierra Vista, take Highway 92 or Highway 90 then Highway 80 to the Bisbee roundabout. Take the Bisbee Road exit and continue on to Vista Park on the left.

Upcoming Events at Bisbee Farmers Market include: May 27: rose gardening, June 3: straw bale construction talk with earth plastering dem-

onstration, June 10: solar cook-off and expo, June 17: goat milking demonstration, June 24: rain dance and blessing for San Juan's Day.

### **International spouse support group**

Army Community Service invites all international spouses to join this support group, which will meet at 6 p.m., Wednesday at the ACS Building 50010. The group offers the opportunity to meet new people, network and to pick up tips on American culture and the military life-style.

Pre-register by calling ACS at 533-2330.

### **Organic grower tour happens Saturday**

The first of five seasonal organic farm and gardens tours is scheduled from 2 to 6 p.m. Saturday at Gray's Gard'n of Eat'n in Palominas. Clinton

and Shauna Gray will give a guided tour of their 'U-pick farm.'

The farm is the only one of its kind in Palominas and the tour will include extensive vegetable crops, a blackberry patch, discussion of cover crops and other organic methods of fertilization and techniques for early and winter production.

For more information, directions and a tour schedule, e-mail vallimac@cox.net or call 378-2973.

### **Col. Lopez retires May 25**

Col. David Lopez will mark the end of a 30-year Army career with a retirement ceremony in front of Greely Hall, 10 a.m. May 25. A farewell luncheon will follow the ceremony at the Thunder Mountain Activity Center. Cost of the luncheon is \$11 and RSVPs must be received by Phyllis Romero by Tuesday. Call 538-0897.

From, **METABOLISM**, Page B2

get the most accurate estimate for BMR. To be used properly as a weight-loss aid, it becomes important to carefully select food sources by caloric content. Exercise assists in two ways. First, in the actual calories burned during exercise and second, the residual effect of exercise which may increase metabolic rate for several hours after exercise ends.

This means that certain forms of physical activity

are better than others at burning calories while exercising and other types may increase the rate of resting metabolism or residual effect. Aerobic activities such as running, cycling and swimming will result in calorie burning both ways depending on the duration and intensity of exercise. All types of strength training increase muscle mass which leads to a higher daily caloric burn.

Sports participation, where short bursts of high-in-

tensity exercise takes place increases immediate calorie expenditure and depending upon the duration of the activity may also result in a higher residual effect.

There is one other common sense aspect of metabolism and that is to eat to fuel the body. In other words, don't overeat, stop when slightly less than full, choose your foods well and keep active in work and play. This takes practice and discipline, but it can be of benefit.

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